

Women's Health Care Month Project-Based Lesson Plan (Grades 7-12)

Objective: The objective of this interdisciplinary lesson plan is to celebrate Women's Health Care Month by empowering learners to explore various aspects of women's health through a STREAMSS (Science, Technology, Reading-to-Research, Engineering, Arts, Mathematics, and SEL-to-Social Studies) approach. Learners will delve into intergenerational factors of women's health through a STREAMSS lens, exploring how health, wellness, access to care, education, community support systems, and public policies can impact individuals and families across generations.

Suitable for grades 7–12, this PBLP aims to promote awareness, understanding, critical thinking, research skills, and advocacy for women's health issues through interdisciplinary and applicable learning experiences.

Round Table

❖ **Opening Discussion:**

- How do intergenerational experiences, family history, community environments, and access to healthcare impact women's health and wellness?
- What barriers prevent some women and families from accessing consistent healthcare, wellness resources, or health education?
- How can communities, healthcare systems, schools, and public programs better support women's physical health, emotional wellness, and long-term quality of life across generations?
- How can research, education, advocacy, and community collaboration contribute to healthier outcomes for women and families?

- ❖ **Purpose:** To encourage learners to reflect on the connections between women's health, emotional wellness, family experiences, healthcare accessibility, and community support systems. Learners will explore the broader role of public health, research, empathy, advocacy, and community development while strengthening critical thinking, collaboration, Reading-to-Research skills, and civic awareness through a STREAMSS-based interdisciplinary discussion.

Reflection Point

❖ **Discussion Questions:**

- How do women's health experiences impact emotional wellness, stress management, and overall quality of life across generations?

❖ **Materials:**

- Journals for reflections
- Other relevant material

Knowledge Setting

Science (S): Understanding Women's Health

- ❖ **Objective:** Understand the biological, physiological, emotional, and environmental aspects of women's health, including reproductive health, nutrition, mental wellness, hormonal health, preventive care, and intergenerational health factors.
- ❖ **Activity:** Examine common health conditions affecting women, such as breast cancer, ovarian cancer, osteoporosis, maternal health concerns, and cardiovascular disease.

Technology (T): Technological Innovations in Women's Healthcare

- ❖ **Objective:** Understand technological advancements in women's healthcare that improve access to care and patient education.
- ❖ **Activity:** Analyze a technological tool aimed at supporting a specific women's health issue while considering accessibility, usability, inclusivity, and privacy.

<p>Reading-to-Research (R): Researching Women’s Health and Community Wellness</p>	<ul style="list-style-type: none"> ❖ Objective: Understand reading comprehension, evidence-based inquiry, and research skills through the analysis of public health reports, informational texts, medical articles, interviews, and research studies related to women’s health and wellness. ❖ Activity: Study a women’s health research portfolio focused on topics such as healthcare accessibility, maternal health, nutrition, emotional wellness, preventive care, or healthcare disparities.
<p>Engineering (E): Engineering Solutions for Women’s Health Challenges</p>	<ul style="list-style-type: none"> ❖ Objective: Understand engineering solutions designed to improve women’s healthcare and wellness, including medical devices, healthcare infrastructure, assistive technologies, transportation accessibility, and sustainable healthcare systems. ❖ Activity: Study a diagram for an engineering-based solution that addresses a women’s health challenge within the local community or globally, focusing on improving healthcare experiences and accessibility.

<p>Arts (A): Artistic Expression of Women's Health Experiences</p>	<ul style="list-style-type: none"> ❖ Objective: Understand artistic expressions connected to women's health advocacy through visual arts, literature, storytelling, photography, film, music, and public awareness campaigns to better understand empathy, healing, resilience, and wellness experiences. ❖ Activity: Study significant multimedia that reflects diverse women's health experiences and perspectives while promoting awareness, education, empathy, and community dialogue.
<p>Math (M): Mathematical Analysis of Women's Health Data</p>	<ul style="list-style-type: none"> ❖ Objective: Analyze and interpret women's health data using mathematical reasoning, statistical analysis, graphs, spreadsheets, and modeling to better understand healthcare trends, disparities, and public health outcomes. ❖ Activity: Collect and organize public health statistics, healthcare surveys, epidemiological data, or clinical research findings related to women's health. Use mathematical tools to identify patterns, compare trends, and interpret findings connected to community wellness and healthcare accessibility.
<p>Social Studies (SS): Social and Cultural Perspectives on Women's Health</p>	<ul style="list-style-type: none"> ❖ Objective: Understand the social, cultural, historical, emotional, and economic factors that influence women's health outcomes, including healthcare accessibility, health

literacy, emotional wellness, healthcare disparities, advocacy, and community support systems.

- ❖ **Activity:** Analyze case studies related to women's health experiences across different communities, generations, and countries. Analyze how public policy, education, social determinants of health, and community support systems impact women's well-being while reflecting on empathy, civic responsibility, and community engagement.

Community Project

Progress Map for Project Delivery

- ❖ **Week 1: Project Proposal**
 - Students create a written proposal outlining the focus of their project and community benefit.
- ❖ **Week 2: Project Approval and Community Engagement Plan**
 - Students submit their proposals and outline how their work will positively impact the community, ensuring alignment with the project's learning objectives and addressing real-world needs.
- ❖ **Week 3: Research Progress Update**
 - Students conduct research and gather data related to their chosen focus area.
- ❖ **Week 4: Draft of Final Project**
 - Students compile their findings into a draft report or presentation.
- ❖ **Week 5: Final Project Refinement and Approval for Implementation**
 - Final feedback is provided, and the projects are presented at a community event involving local leaders and stakeholders.

Science (S): Health and Wellness Observation Study

- ❖ **Project Example:** Partner with a local healthcare organization or school nurse program that examines factors influencing women's health, such as nutrition, stress management, emotional wellness, physical activity, preventive care, or healthcare accessibility. Learners may develop educational wellness resources or

	<p>community awareness materials based on their findings.</p>
<p>Technology (T): Women’s Health Awareness Campaign</p>	<ul style="list-style-type: none"> ❖ Project Example: Collaborate with a local nonprofit organization or community resource center to develop a digital awareness campaign, wellness resource platform, health-tracking concept, or informational technology prototype that promotes women’s health education, healthcare accessibility, emotional wellness, or preventive care awareness within the community.
<p>Research (R): Community Women’s Health Research Portfolio</p>	<ul style="list-style-type: none"> ❖ Project Example: Partner with a local library to research topics related to women’s healthcare accessibility, emotional wellness, maternal health, preventive care, or healthcare disparities. Students will compile evidence-based findings into a research portfolio and create recommendations, informational materials, or awareness resources designed to support community education and wellness advocacy.
<p>Engineering (E): Community Wellness Accessibility Design</p>	<ul style="list-style-type: none"> ❖ Project Example: Partner with an accessibility advocate or community wellness organization to design a mock blueprint concept that improves access to healthcare services, wellness spaces, transportation resources, or community support systems for women and families.

<p>Arts (A): Women’s Wellness Creative Awareness Initiative</p>	<ul style="list-style-type: none"> ❖ Project Example: Partner with a community arts organization to create a positive multimedia awareness initiative that highlights women’s health experiences, emotional wellness, advocacy, healing, resilience, and intergenerational community support.
<p>Mathematics (M): Women’s Health Data Visualization Project</p>	<ul style="list-style-type: none"> ❖ Project Example: Partner with a local public health department, healthcare clinic, or community wellness organization to collect and analyze data related to women’s health trends, healthcare accessibility, wellness participation, or public health concerns. Use findings to develop a sample healthcare intake form model or wellness needs assessment tool designed to support more inclusive, accessible, and community-informed healthcare experiences.
<p>Social Studies (SS): Community Women’s Wellness Awareness Day</p>	<ul style="list-style-type: none"> ❖ Project Example: Partner with a women’s support program to create a mock “Women’s Wellness Awareness Day” campaign focused on healthcare accessibility, emotional wellness, public awareness, advocacy, and healthier community support systems for women and families.

Community Involvement

- ❖ **Objective:** Collaborate with community organizations, healthcare providers, advocacy groups, and local stakeholders to promote women’s health awareness, emotional wellness, healthcare accessibility, community education, and healthier communities through interdisciplinary STREAMSS learning experiences.
- ❖ **Activity:** Organize a community wellness showcase, educational forum, awareness campaign, or Women’s Wellness Awareness Day event where students present their STREAMSS projects to healthcare professionals, families, local organizations, educators, and community stakeholders.

Assessment

- ❖ **Objective:** Evaluate learner understanding of women’s health, emotional wellness, healthcare accessibility, research literacy, advocacy, community engagement, and interdisciplinary STREAMSS concepts through applicable learning experiences and community-connected projects.
- ❖ **Methods:** Learners should demonstrate the ability to connect scientific understanding, research, technology, engineering, mathematics, artistic communication, and SEL-to-Social Studies concepts to broader community wellness, healthcare accessibility, empathy, advocacy, and public health goals.

Feedback Loop

- ❖ **Activity:** Gather feedback from learners, healthcare professionals, community partners, families, educators, and event participants regarding the effectiveness, accessibility, educational value, and community impact of the STREAMSS projects and wellness initiatives.
- ❖ **Journal Prompt:**
 - “How can communities better support women’s health, emotional wellness, healthcare accessibility, and long-term well-being across generations, and what role can education, empathy, advocacy, and collaboration play in creating healthier communities?”

Resume Integration

Learners may explore career interests connected to:

- Public health and wellness
- Nursing and healthcare support services
- Women's health advocacy
- Community outreach and nonprofit leadership
- Healthcare technology and digital wellness
- Public policy and civic engagement
- Data analysis and public health research
- Counseling and emotional wellness services
- Community planning
- Graphic design and public awareness campaigns
- Arts, storytelling, and communications
- Healthcare accessibility and community development

For more 8-Step Project-Based Lesson Plans check out our website at www.steamscentral.org

For all inquiries, please email [**info@steamscentral.org**](mailto:info@steamscentral.org)

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